








Welcome to this special edition of our newsletter. We wanted to share with you some exercises you can do at home as well as guidance for looking after your wounds and how to keep in touch.

Please do give us a call on 01722 333034 if you have any queries or questions about your leg treatment.

Leg Club Exercises



Exercise	Description	Number of repetitions									
	Right heel on floor. Move left to right 10 times.										
	Left heel on floor. Move right to left 10 times.										
	Both heel on floor. Move left to right 10 times.										
	Right heel on floor. Lift up and down to knee height 10 times.										
	Left heel on floor. Lift up and down to knee height 10 times.										
	Both heel on floor. Lift up and down to knee height 10 times.										
	Stand up and sit down 10 times.										

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Preparing to dress your wound at home

You will need:

- Dressing pack
- Wound dressing provided by the nursing team
- Sterile Scissors
- Tape if required
- Running tap water or cooled boiled water to clean the surrounding skin



To start:

- Wash your hands thoroughly especially between fingers and palms of hands
- Dry hands with kitchen towel
- Open dressing pack – apply the apron – on top of the pack
- Remove rubbish bag and separate the rest of the contents of the dressing pack with the inside of the rubbish bag – wear the bag on your hand like a glove to do this.
- Open the new wound dressing and drop it onto the open dressing pack
- Remove the old dressing carefully without touching the inside or the wound bed (use non sterile gloves if provided, or carefully remove with clean hand). If stuck use a small amount of warm water to soak it off – try not to pull as this will damage the wound bed.
- Place the dirty dressing into the rubbish bag – remove gloves if using.
- Wash hands again
- Apply clean gloves from the sterile pack – touch the gloves at the wrist only when applying try not to touch the fingers of the gloves.
- Clean the surrounding skin with warm water –use the green tray and gauze from the pack
- Pat this dry with the paper towel
- Apply the new dressing without touching the inside where possible or the wound bed.
- Remove gloves then apron, dispose of in rubbish bag and then secure and put in household waste or clinical waste bin provided.
- Wash hands again.

Please monitor for signs of infection:

- Redness to surrounding skin
- Skin around wound is warm or hot to the touch
- Wound is painful
- Swelling or hardening of the surrounding skin
- Significant increased wetness of wound
- Offensive smell
- Yellow or green wound fluid
- Significant increases in size and depth

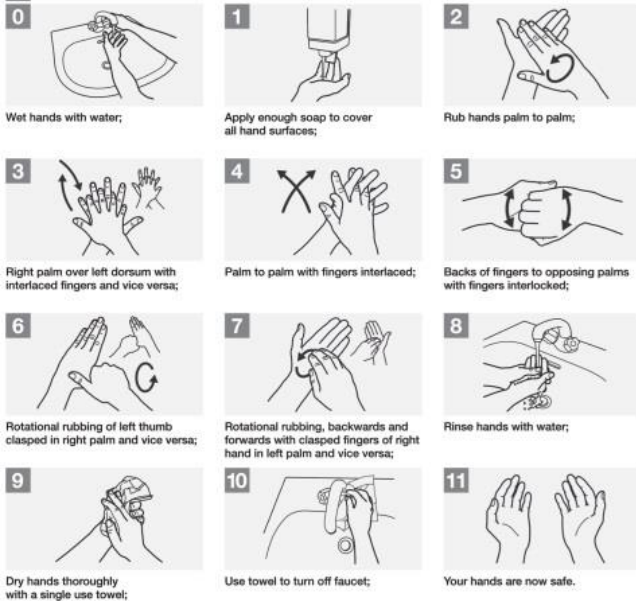
Any one or a combination of these may suggest an infection so please contact your community team, GP or 111 services for advice.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the handwash (steps 2-7): 15-20 seconds

⌚ Duration of the entire procedure: 40-60 seconds



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

Based on the 'How to Handwash', URL: http://www.who.int/gpsc/2only/how_to_handwash_poster.pdf © World Health Organization 2009. All rights reserved.



How to keep in touch

We have launched a new Facebook group - just for patients at our Leg Club!

Nurse Sarah Fry will be posting useful information and guidance for you while Leg Club isn't taking place.

You can also keep in touch with friends who also attended Leg Club!

To join:

1. Create a Facebook account by visiting www.facebook.com and filling out the short form.
2. Search 'Salisbury Medical Practice' in the Facebook search bar and click on their page.
3. To the left of the screen, you should see a tab called 'Groups'.
4. Click here and you will see 'Salisbury Leg Club'. Click on the 'Join Group' button and we will accept your request!
5. Then you will be a member of the group and can post a question and reply to other member's posts.

Support for you

We understand how challenging it is at the moment but please don't feel like you are on your own.

There two main groups in Salisbury who are offering DBS checked volunteers who can do your shopping, collect prescriptions or call regularly for a chat - all free of charge!

Salisbury and surrounding areas: Call 07544768964 anytime.

Wilton and surrounding areas: Call 01722 695343 between 9am - 1pm (everyday).

